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A NEW SYSTEM OF

CALISTHENIC EXERCISES,

FOR THE

PATENT ELASTIC CHEST EXPANDER.

INVENTED BY THE AUTHOR

HENRY COST.

DESIGNED AS A GUIDE TO HIS PUPILS AND A BOOK OF REFERENCE TO
THE PROFESSION, ETC.

ILLUSTRATED WITH EXPLANATORY PLATES BY BRANDARD.

Entered at Stationers' Hall.

PUBLISHED AT THE AUTHOR'S RESIDENCE, IVY LODGE, CLAPTON.

AND MAY BE HAD OF

MR. TURRELL, 28, OXFORD STREET; MR. OSTELL, BOOKSELLER,
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AND MR. BROOKS, 7, TORRINGTON PLACE, TORRINGTON SQUARE

1847.

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LONDON:
Printed by WILLIAM OSTELL, Hart Street,
Bloomsbury Square.

ADDRESS.

THE author of the following pages has for many years devoted his particular attention to the improvement of the human form, and to producing such healthful exercises as the human frame demands.

During the period referred to, the author has invented several calisthenic instruments ; amongst those recently produced he now begs most respectfully to direct the attention of the public to the Patent Elastic Chest Expander, fulfilling a desideratum which has long been required

in the education of youth, especially in the female sex. It enables the exercises which are required to correct imperfections of form, and give healthy development to the frame, to be performed by graceful and agreeable movements, without much fatigue or exertion.

This calisthenic instrument possesses advantages over any other that has yet been invented; it is exceedingly light (weighing only a few ounces), yet may be constructed for the power of a child, or of one possessing great strength; it is elegant in form, and may be used without the slightest danger.

The author's confidence in the utility of this instrument and exercises has been strengthened by the encouraging approbation and sanction he has met with from several gentlemen whose anatomical expe-

rience and knowledge add weight to their opinion.

It is the hope of the inventor that the following exercises will be found an improvement on the old system, and tend to assist those persons who may take an interest in the improvement and healthy development of the human frame.

“The free and easy expansion of the chest,” says Dr. Combes, in his “Principles of Physiology,” chap. 7. “is obviously indispensable to the full play and dilatation of the lungs: whatever impedes it, either in dress or in position, is prejudicial to health; and on the other hand, whatever favours the free expansion of the chest, equally promotes the healthy fulfilment of the respiratory functions. Stays, corsets, and tight bands, operate most injuriously, by compressing the thoracic

cavity, and impeding the due dilitation of the lungs; and in many instances give rise to consumption."

Dr Maddock wisely remarks, "The fact of the diseases of the lungs and heart being more prevalent among the fair sex, may be partly accounted for from the flimsy, insufficient, half-dress, which fashion has imposed upon them, and the baneful practise of tight-lacing, which happily has now often been exposed. The importance of a regular and full expansion of the chest for preserving the organs it contains in healthy condition, as well as the influence exerted through these organs on the entire system, must be at once evident to any one who will give the subject a moment's consideration. The lungs require a healthful exercise, equally with the limbs and other parts; and if

we desire to maintain them in a vigorous state, they must be unfettered in their action, either by dress or position, to insure a healthy fulfilment of their allotted functions. But how can the chest perform its required duties when impacted in the common stay? When thus dressed, the muscles which expand and contract the chest cannot be brought into action and the due dilitation of the lungs is prevented; the respiratory and circulating organs being impeded, congestions take place in the vessels of the lungs and heart and elsewhere, as in the arteries of the head, from which a numerous train of diseases follow.

“The miseries proceeding from this reprehensible practise is not limited to the respiratory and circulating system; the lower ribs being unnaturally bent in,

the stomach, liver, and other organs are injured thereby; and hence arise, in females, not not only a host of diseases but spinal curvatures, and other deformities which endanger their lives. We have no hesitation in saying that some thousands of lives are annually sacrificed to this horrid fashion.

“It is well known that the strength and development of muscles increase in proportion to their healthful exercise, and that when deprived of action they waste and become enfeebled; and, by continued disuse, the nerves become changed from their natural structure, the blood vessels are obliterated, the bones are softened, and the contractive power of the muscles and their appearance are altogether lost. From the construction of the human form, it is clear that man was intended for an

active existence, and if we do not live in accordance with these intentions of nature, a sound state of the energies cannot be maintained. A sedentary life is the bane of millions, and the frequent existence of nervous disorders, more especially among the higher classes, may be attributed, in a great measure, to this want of muscular activity."

From a due observance of the preceding remarks, we may be satisfied that the delicacy of constitution so often observable in young females may be greatly ameliorated, or, even entirely removed; and these important objects are obtained by following those exercises that favour the free and easy expansion of the chest, and all that belongs to it which nature and reason alike point out.

Much will depend upon the manner

in which the following exercises are performed ; if unhealthy and awkward postures are indulged in, more harm than good will be the result.

It will, therefore, be necessary that they should be constantly superintended by some one competent to the task ;—another material point is *perseverance*. Bad habits, and unhealthy tendencies are not to be eradicated by a slight and transitory effort. The practice must be assiduous, and not taken up at distant intervals : it is only at the end of a certain period, longer or shorter according to circumstances, that any benefit can be expected ; and if, just when the expected result is beginning to appear, the exercise which produced it be discontinued, and resumed irregularly, or after too long a period, we shall be always be-

ginning, and never reach the desired end.

It is from the age of seven or eight that the exercises will be found especially useful. Up to that period children have, in general, exercise enough: much of their time is spent in the open air, and the sports of childhood and the restless activity peculiar to that period, make them exert almost every muscle of the frame. Add to this that many things are then a greater exertion to them which afterwards become comparatively easy.

To mount a common staircase is, to a young child, a prodigious effort: to climb upon a chair, to descend again, to carry the chair from one part of the room to another, to place a heavy book or toy upon a table are, to its feeble powers, so many labours,

of the magnitude of which we can only form an adequate idea by conceiving ourselves surrounded by articles of furniture as gigantic to us as ours are to the infant.

As a child increases in size and strength these efforts become less laborious, and a diminished quantity of exercise is the consequence. Now to the time devoted to study necessarily increases more sedentary occupations succeed to childish amusements, and the youthful pupil begins to stoop over the book, the slate, and the sampler.

It is now that some counteracting influence is imperatively demanded, and now may these exercises be most advantageously introduced.

The necessity of an abundant supply

of fresh air* in all places where a number of persons, young or old, are collected, has been long advocated by scientific men, and is beginning to be recognised by all classes of society. It requires but a knowledge of the important part played by the respiration in the human system, to convince us of the propriety of strict attention to this subject, and it is highly desirable that by lectures, or otherwise, such information should be disseminated as widely as possible.

The author trusts that any imperfections of style, or other error, will be looked upon by the reader with indulgence; for, in the course of the daily duties which

* According to Père Elisée, take air and exercise, remove trees from your house, curtains from your bed, and bandages from your body.

devolve upon him, he has little time left for literary occupation; relying, therefore, upon the kind forbearance of the reader he ventures with humble confidence, to introduce his new system of Calisthenics to the public.

“Of all the physical sciences, human physiology claims our highest regard. Geology, botany, astronomy, all important in relation to man, and offering a rich repast to his intellectual capacities must nevertheless, take inferior rank as compared with that which treats of man’s organic structure, functions, and requirements, and opens to his mental view a just conception of the power of God, as displayed in the chief work of his hands. Hence we adopt the sentiment that the proper study of mankind is man. For, in the train of this study follows every high and ennobling

theme : it encludes his relation to the spiritual and the material ; to the past, the present, and the future. It is the sum of all science, the foundation of natural religion, and the handmaid of revelation."—*R. K. Phelps.*






Fig. 1

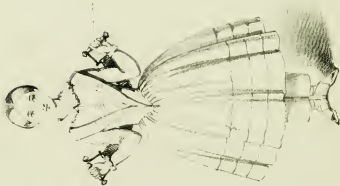


Fig. 2

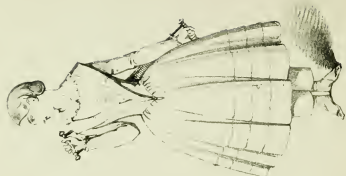



Fig. 3

CALISTHENIC EXERCISES.



FIRST EXERCISE.

THE pupil to hold the Chest Expander in front, with the thumbs uppermost, (see Plate 1. Fig. 1.) the wrists to be turned, lowering the thumbs, so as to leave the palms of the hands outwards, and the little finger uppermost. In this position the Chest Expander is to be passed over the head, the arms being extended as much as possible ; great care must be taken to clear

the head and back : return the instrument in the same manner to the front position as at commencement.

This exercise to be performed ~~Sixteen~~ *sixteen* times, counting four slowly to each pass.

7 of the 11. First Exercise - 2 to the front & back, 2 to the front & back, 2 to the front & back.

SECOND EXERCISE.

8 Perform the preceding exercise with the arms, marching Four steps forward, and the same back, without turning.

THIRD EXERCISE.

2 Repeat the first exercise with the arms and rise slowly on the toes : when the arms

are extended above the head, lower the heels very slowly.

FOURTH EXERCISE.

Hold the instrument as (Fig. 1. Plate 1.) and pass it over the head bringing the hands close to the shoulders (see Fig. 2, 4 Plate 1,) then extend the arms as far as possible in a direct line from the shoulders as dotted; return to the shoulders.

FIFTH EXERCISE.

The same movement with the arms as the fourth exercise,^{*} rising on the toes when

bringing one arm at a time

the arms are extended and lower the heels when the hands are brought to the shoulders.

SIXTH EXERCISE.

Pass the Chest Expander behind, place the right hand to the right shoulder and the left arm close to the left side (see Fig. 3, Plate 1.) extend the right arm as dotted, and return the hand to the shoulder: do this three times, then reverse this with the other arm, by lowering the right arm to the right side and raising the left hand to the shoulder, repeat the same.

SEVENTH EXERCISE.

1st 2nd 3rd
Hold the Expander in front in a line with the shoulders, the right arm extended

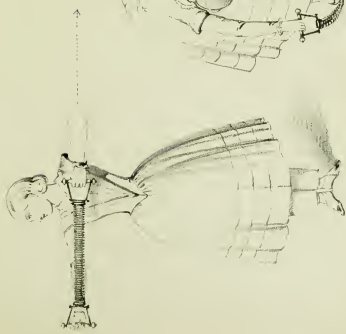
Fig. 1



Fig. 2



Fig. 3




as Fig. 1. Plate 2. Extend the instrument with the left arm as far as possible along the dotted line, return the hands to the same position, pass the Expander to the left side, and repeat the same movement.

Strict attention must be paid to the hand and elbow being kept in a line with the shoulders during the whole of this exercise, which is to be performed Eight times.

EIGHTH EXERCISE.


Hold the Expander behind with the hands well lowered, raise it far above the head and lower the body slowly forward towards the toes, (see Fig 2. Plate 2.) then rise slowly and pass the instrument behind as at the commencement.

This exercise must be performed very slowly, and care be taken to keep the knees perfectly straight.



NINTH EXERCISE.

Holding the Expander with both hands on the left side, the head turned to the right (see Fig. 3. Plate 2.) keep the left arm in a fixed position; raise the right arm as marked and return; pass the Expander to the right side and repeat the same with the left arm.



TENTH EXERCISE.

Take the position of Fig. 3. Plate 1. extend the right arm as marked, and re-

Fig 3



Fig 2



Fig 1



turn to the shoulder; lower it to the side and raise the left hand to the left shoulder, the same to be performed with the left arm.

ELEVENTH EXERCISE.

Take the position of Fig. 3. Plate 2. raise the right arm, pass the Expander over the head, and lower it well behind; raise the left arm and pass it over the head to the front and return to the first position.

TWELFTH EXERCISE.

Stand in the position of Fig. 1. Plate 3. raise the right foot and pass it to the fourth

position behind, well extended ; at the same time raising the the right arm and lowering the left as marked, return to the same position ; this is to be performed Eight times. The same exercise with the left foot and right arm.

THIRTEENTH EXERCISE.

The same movement as last exercise with the arms, with a step forward to each change ; begin with the right foot and left arm, second step left foot and right arm ; and the same for Eight steps forward and Eight back.

FOURTEENTH EXERCISE.

Take the position of Fig. 2. Plate 1.

extend the right arm as marked and return to the shoulder, the same with the left, then extend both arms at the same time and return to the shoulders, lower the Expander behind and return to the shoulders ; each of these movements to be well marked.

FIFTEENTH EXERCISE.

Take the position Fig. 1 Plate 3. but keep the weight of the body equally balanced on both feet ; lower the left hand to the shoulder, and rise it again ; march forward with the left foot, and repeat the same with the right arm. This movement to be repeated Eight times forward, and the same back.

SIXTEENTH EXERCISE.

4-9-1 Incline the body to the right, with the right foot extended in the second position, expand the instrument behind with the left arm raised (see Fig. 2. Plate 3), raise the right foot and place it in the fifth position in front, the body erect and the arms extended in a line with the shoulders; repeat the same movement on the left side.

SEVENTEENTH EXERCISE.

The same movement as the last, to be performed by raising the foot twice when in the second position, counting four to complete the movement.

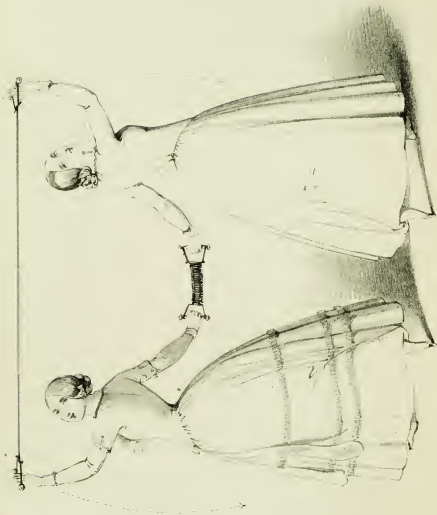


Fig 1

Fig 2

EIGHTEENTH EXERCISE.

Hold the Expander as in Fig. 1, Plate 1; step to the side with the right foot, at the same time raising the instrument with both hands to the right, the head to look well back over the left shoulder (see Fig 3. Plate 3.); pass the Expander over the head and back again, and finish with the instrument in front, as at the commencement.

NINETEENTH EXERCISE.

This exercise is to be performed by two persons (with two Expanders) standing back to back at a little distance apart (See Plate 4); lower the raised instrument to the side, and return with the foot well

extended behind; this movement to be performed in the same position on the other side.

TWENTIETH EXERCISE.

Take the position the same as in the last exercise, and pass the Expander over the head along the whole of the dotted line, so that the hand falls nearly to the waist on the opposite side; return, and perform the same movement on the other side.

TWENTY-FIRST EXERCISE.

Take the position of Fig 1, Plate 1, walk forward, with four steps, curtsey

on to the back foot, at the same time passing the instrument slowly over the head; repeat the four steps, and return the instrument whilst making the curtsy.



In conclusion, Mr. Cost is happy to state that many of the most distinguished members of the profession have adopted his new system of calisthenics, and instruments, and to those gentlemen he takes the present opportunity of returning his sincere thanks, and informs them that the preceding exercises form the first division, and he will shortly submit to their notice a second part.

MEDICAL OPINIONS, ETC.

Clapton, October 6th, 1847.

BELIEVING that public benefit is likely to arise from Mr. Cost's newly invented PATENT CHEST EXPANDER, and Exercises, being more generally appreciated and adopted in public Establishments and private Families, I feel no hesitation in adding my testimony to the many respectable ones he has already received. I consider these Exercises, when judiciously directed, as well calculated to obtain (among others) three most important objects, more particularly as respects young people.

Firstly.—By promoting the full and free development and action of the chest and lungs, con-

sequently the prevention of many serious diseases affecting those organs, such as consumption, distortions of the chest, spine, &c.

Secondly.—By a beneficial and invigorating effect upon the whole of the muscular, as well as the circulating organs, and therefore upon the general health and powers of the individual.

Thirdly.—In producing an easy and graceful carriage of the body by means of an agreeable exercise.

Believing also that Mr. Cost has evinced considerable ingenuity and correct observation in these matters, has had much experience, and is in all respects well qualified to instruct others, I trust he may meet with all the encouragement and success he so well deserves.

FREDERICK DUESBURY, M.D.

32, *King Street, Covent Garden.*

MR. BEAMAN (Surgeon) presents his compliments to Mr. Cost, and with great pleasure gives

testimony in favour of the judicious and graceful exercises he so ably teaches. Their freedom from the violent muscular contortions occasionally recommended, Mr. Beaman considers among their important advantages; he also expresses his entire approbation of the instruments invented by Mr. Cost, and will be most happy to answer personally any inquiry on the subject.

31, *Upper Charlotte Street.*

MY DEAR SIR,

I can have no hesitation in bearing testimony to the continued efforts of your exercises in producing a healthy muscular development, and elegant deportment of person; and I have great pleasure likewise in expressing my commendation of the uniform attention which I have on many occasions observed towards your pupils, and your undeviating command of temper.

With every wish for your success,

Yours faithfully,

JOHN GEORGE MICHELE, Surgeon.

Cleveland House, Brixton Hill.

I consider the Patent Calisthenic Chest Expanders (invented by Henry Cost) admirably calculated to improve the person ; they aid the muscular action effectively, and being elegant in form, may lie on the drawing-room table, always ready for use.

E. H. DAY.

Reading.

M. VENUA has no hesitation in stating that pupils following the above Exercises will learn more effectually the art of acquiring a graceful deportment and development of the figure, as well as of strengthening the faculties of the limbs, than by any other system hitherto practised. There are no means by which health can be more effectually secured than by accustoming the body to be duly exercised, and the muscles properly and regularly exerted ; hence (according to Rousseau) the grand secret of Education is, that the exercise of the body and that of the mind should be so continued as always to serve as a relaxation from each other.

Mrs. PAYNE, late of Grove Hill House, Camberwell, has much pleasure in expressing her high estimation of the instructions which Mr. Cost has given to her young ladies in Calisthenic Exercises. The style which Mr. Cost seeks to cultivate in his pupils, no less than the manner in which his instructions are given, Mrs. PAYNE considers to be singularly adapted to give an early natural and graceful deportment. Several instances of *very marked* improvement have occurred under Mrs. PAYNE's own observation, as the result of Mr. Cost's gentle but effective discipline.

Herne Hill.

Mrs. BICKNELL presents her compliments to Mr. Cost, and has much pleasure in expressing her entire approbation of his Exercises, which she considers eminently calculated to improve the figure, and from which her children have derived considerable advantage.

2, Hampstead Street, Fitzroy Square.

It is with the greatest pleasure that I bear testimony to the professional abilities and indefatigable zeal of Mr. Cost. I look upon his method as infinitely superior to that of most of the members of his profession, because it is based on strictly scientific principles, and an intimate knowledge of the anatomy of the human frame. But it is in his beautiful and effective system of Calisthenic Exercises that Mr. Cost chiefly excels; a system calculated, by gentle and graceful means, to promote the development, and consequently the vigour of every muscle in the body; and the main feature in which is, its being equally remote from the violent and frequently dangerous exertions of the Gymnasium, and from the stiff and inappropriate training of the drill. The elegant and efficient instruments recently invented by Mr. Cost, should be daily exercised by every young person.

G. H. HOLIDAY.

Upper Clapton, May, 1847.

MY DEAR SIR,

I have for some time wished to express to yourself and daughter the satisfaction which your unremitting attention to my pupils has afforded me : your mode of Calisthenic training has been attended with great success in our circle, and must, if properly pursued, ensure a healthy development of figure, with a graceful and elegant deportment ; and at the same time, your kindness of manner is well calculated to win the respect and attention of the young ladies under your instruction.

I am, my dear Sir, yours truly,

A. HOOD.

13, Park Terrace, Highbury, June 5th, 1847.

Mrs. and Misses M'LAREN have much pleasure in stating that Mr. Cost has taught Dancing and Calisthenic Exercises in their establishment from the time of its commencement. From his long experience in teaching, the great attention he has paid to the Calisthenic Exercises, and his uniformly kind

and gentlemanly manner, he has secured their entire approbation, and has greatly promoted the improvement of the young ladies under his tuition.

Streatham Common, Nov. 10th, 1847.

MY DEAR SIR,

I have much pleasure in giving my testimony in favour of your excellent, graceful, and judicious exercises. Every parent, and those having the care of youths, must feel deeply indebted to you for your invention of the Calisthenic Instruments, so effective in developing the muscular powers, all others heretofore in use, have been liable to great objections, but you, by your ingenious invention, have supplied a desideratum that has been long felt. With the sincere hope that your talents and industry may meet with the encouragement and success which they so justly deserve, believe me,

My dear Sir,

Yours very faithfully,

LEWIS EDWARDES.

10, *South Parade, Brompton,*

Nov. 6th, 1847.

MY DEAR SIR,

From my knowledge of your admirable contrivances for the expansion of the Chest, &c. I consider that a few remarks upon muscular structure would be acceptable to the public. It should be made known, in justice to yourself, that your Chest Expander, and your other ingenious arrangements, are in perfect agreement with the laws of muscular action. Your mechanical contrivances being especially adapted for exercising the muscles, will, whenever we use them, make us more healthy, strong and active in body and mind ; for in proportion as the body becomes vigorous, the circulation of the blood increases in healthy action when the brain becomes more fitted to perform its duties, according to the law the Creator has assigned for its office. God has made all living beings for strength and activity, with a muscular apparatus for obtaining them ; we may, therefore, easily conclude that if the muscles are not exercised, an unhealthy state of

body and mind must ensue. And, though feeble persons will not be able to exercise themselves to that extent which a healthy state of body demands, yet the debilitated might by a moderate use of your Chest Expander obtain much activity in their muscular structure, and thus by degrees strengthen themselves greatly.

The feeble and the delicate should no longer delay exercising their muscles now they can have your Chest Expander and your other excellent instruments, I would therefore advise all delicate persons to make themselves acquainted with the structure of the human body, when they would see the necessity of attending to the rules laid down in your work.

Probably these remarks may tend to establish in the public mind the importance of your inventions and their value would be appreciated the more if the fair sex understood the muscular structure of the chest.

May it not be considered as a breach of faith between mankind and the Creator, if we neglect the greatest and noblest of his works. How often do we distress and disease the body, even while we

are endeavouring to raise the mind ; but no such sacrifice must be made with regard to the most wonderful work of God. We are accountable for the mischief we produce, whether upon the body or in the mind, and we must not suppose that we are acting righteously while we are neglecting the action of the grand framework on which the mind is based.

Exertion is required, for which we were created, but exertion must not be confined to the mind, it must commence with the body in order to produce sound instruments for the mind to work with, or confusion, with its pains and penalties, will surely be the result. The body and mind must be brought into harmony, and then rationality may be expected ; but so long as people entertain the hope that all things will go on well with them while they are indulging in “ a little more of the folding of the arms to sleep,” so long will their vain hopes be blighted, and disease will sooner or later overcome them, and be entailed upon their children—doubtlessly “ to the third and forth generation.” Such an awful termination, I should think, would be sufficient to induce all to exert themselves in pro-

curing health for their offspring—the greatest of all blessings that parents can bestow upon their children. We must shew by our acts that we have been, with the trust placed in our hands, “faithful stewards,” if we expect to escape punishment.

I am, my dear Sir,

Ever faithfully yours,

GEORGE R. LEWIS.

Studies fitted up with every Calisthenic instrument requisite for the improvement of the human form, on the most scientific principles.

The Patent Calisthenic Chest Expanders are divided into three strengths or sizes.

Terms.

	s.	d.
No. 1, suitable for pupils under 10 years ...	8	0
No. 2, adapted for Ladies' use	14	0
No. 3, extra power, for Gentlemen	15	0

FOR READY MONEY ONLY.

When a number is taken an allowance will be made.

Mr. Cost begs to state that he is the sole inventor and patentee, therefore no instrument will be genuinc, unless bearing his name and address, with her Her Majesty's Letters Patent, Ct. Entered October, 1847.

Mt. Torres Vol. Exercises

two each

1st

LONDON :

Printed by WILLIAM OSTELL, Hart Street,
Bloomsbury Square.

MR. HOLIDAY begs leave to inform the Principals of Schools, and the Heads of Families, that he delivers Elementary Lectures on Subjects best calculated to interest the Young, and enable them better to comprehend many things which they meet with in books, and hear mentioned in conversation.

*The Philosophy of Common Life ;—the explanation of numerous Operations, both of Nature and of Art, constantly going on around us, yet often imperfectly understood ;—the Application of Chemical Principles to every-day occurrences ;—the Elementary Constitution and most important properties of Air and Water ;—the Sources and Effects of Heat ;—the Principles of Electricity and Magnetism, and their Application to the Electric Telegraph ;—the more important phenomena of Physical Geography ;—the mode of action of the Steam Engine ;—such are a few of the subjects intended to be elucidated ; and it need hardly be added that they may be almost indefinitely extended.

Perspicuity rather than profundity will be the object kept steadily in view ; and, whenever the subject admits, interesting and illustrative experiments will be constantly introduced.

MR. HOLIDAY has been more than 30 years engaged in the instruction of the Young, and has always been considered remarkably successful in rendering his explanations clear and intelligible : this, and the satisfaction uniformly given by the Lectures he has now for some years been delivering, have induced him to give more publicity to his intentions ; and to offer his services to such Parents and Teachers as desire that their Children and Pupils should be enabled to keep pace with the spread of knowledge now so rapidly developing itself.

Terms and further particulars may be known by application to
MR. HOLIDAY, 2, Hampstead Street, Fitzroy Square.

October 14, 1847.

Accession no. 25783

Author Cost, H.

A new system of
calisthenic

Call no. exercise.

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